

## \*\*\* **FUSION Synchronized Skating** \*\*\*

**Come join our very successful Synchronized Skating teams!**

The Synchro arm of the Bracknell Ice Skating Club currently has skaters ranging in ages from 9 to mid 50s.

**We would love new members UK Skate level 10 (passport Gold for Adults) and above** to come and join our friendly groups as we start to develop skills and new routines ready for the next season. Training takes place each Friday from 6.15pm to 8.15pm. **Your first two trial sessions are free.**

### **So what is Synchronized Skating?**

Synchronized skating consists of a group of between nine to sixteen figure skaters skating on the ice at one time. We all work together as one unit.

We create formations which include circles, lines, blocks, wheels, intersections as well as performing movements in isolation.

The team skate together using various holds which include basic shoulder holds, hand holds, basket weave holds, and not holding at all. We do moves like spirals, lunges, pivots, and intersections within the programme.

**UK Skate Level 10 and above – Why not come and try it out? It's a great way to improve your skating skills in a supportive and fun team environment.**

**For more information please contact Synchro Team Manager** via email: [info@bracknell-ice-skating-club.co.uk](mailto:info@bracknell-ice-skating-club.co.uk)